

Eat

5

Food groups

2½ CUPS VEGETABLES



3 CUPS DAIRY

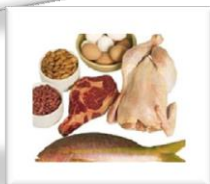
Daily



1½ CUPS FRUITS



6 OUNCES GRAINS



5 OUNCES PROTEINS

Move



Every Day

Small changes in the foods you eat and your physical activity can help you reach a healthier weight



ChooseMyPlate.com

Move More



- Eat a healthy diet
 - Choose foods from the 5 food groups
 - Decrease the number of times you eat fast food
 - Supersize foods = Unwanted body weight
 - Drink more water and less soda
 - Control the foods you eat, take part in making your meals
 - Have the whole family sit at the table for meals
 - Be a healthy role model for your family
 - 2 hours max on computer, T.V., & mobile devices
 - Move more (dance, walk, ride a bike, play tag)
- = A decrease risk for unwanted health diseases, and a **HEALTHIER YOU!**

Live Longer